

## Welcome to Northwest Medical Center Oro Valley's Rehabilitation Unit

Our purpose is to help you become as independent as possible and integrated back into the community.

Your individualized plan of care is coordinated by the rehab team consisting of the Rehab Medical Director, Rehabilitation Nurses, Physical Therapists, Occupational Therapists, Speech Therapists and Social Services.

You may also work with the Dietician, Pharmacist and other departments during your rehab stay.

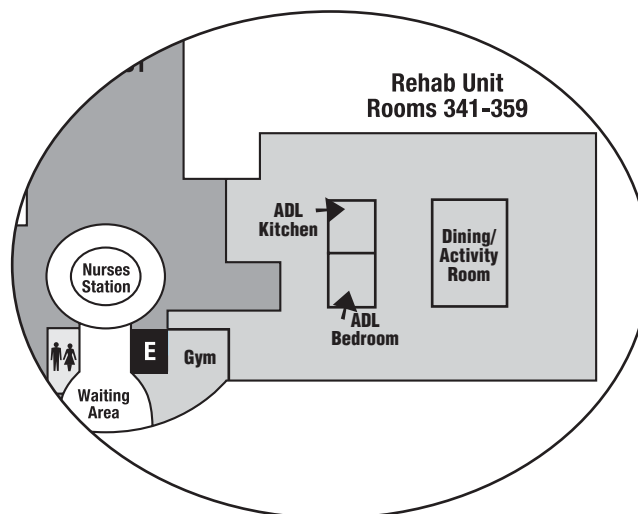


## Northwest Medical Center Oro Valley Mission

To provide compassionate,  
customer focused care.



### Third Floor



### Rehab Unit Close-up

**E** Elevators

Restrooms

# Rehabilitation Unit

Northwest Medical Center  
Oro Valley

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# Northwest Medical Center Oro Valley Rehabilitation Unit



Every rehab patient participates in 3 hours of therapy a day, 5 days a week.

The intensity of the therapy sets a rehabilitation facility apart from other facilities that provide therapy at a lesser level.



An important part of your integration back into the community is having your meals out of bed. We encourage you to eat lunch and dinner in the rehab dining room.



Your length of stay in rehab is determined by how quickly the goals are met which have been set by you and the rehab team. During your stay, the rehab team has a weekly team conference to discuss your progress toward your goals, your continued stay in rehab and any needs you may have at discharge.



During rehab, you get dressed daily and work with the therapy staff

on daily living activities (eating, grooming, bathing, showering, dressing and transfers).

## **Please have these items brought from home:**

- At least 3 changes of clothes. Bring in comfortable clothes that you normally wear at home. Please launder your clothing at home.
- Underwear and undergarments.
- Socks and shoes (sturdy walking shoes that provide good support).
- Toiletries normally used at home: shampoo, conditioner, deodorant, make-up, shaving cream, razors, etc.
- Any assistive device used at home: glasses, hearing aid, dentures, walker, cane or braces.



Visits from family and loved ones are very important for your emotional well being.

You and your rehab nurse or therapist can set a visitation schedule that allows for visits yet maximizes your therapy sessions. It's possible your family or caregiver may participate in caregiver training with the therapist before your discharge. Caregiver training will be coordinated and scheduled ahead of time by your therapist.



Your care is coordinated by the Rehabilitation Medical Director who is a Psychiatrist. A Psychiatrist specializes in physical medicine and rehabilitation and works directly with the rehab team to coordinate your rehabilitation needs. Depending on your medical needs, you may have several Physicians managing your care or may be managed exclusively by the Rehabilitation Medical Director.